

Compare and Contrast

Athlete	Olympics
Olympian	Tokyo
Paralympian	Medal

Object 2

Object 1

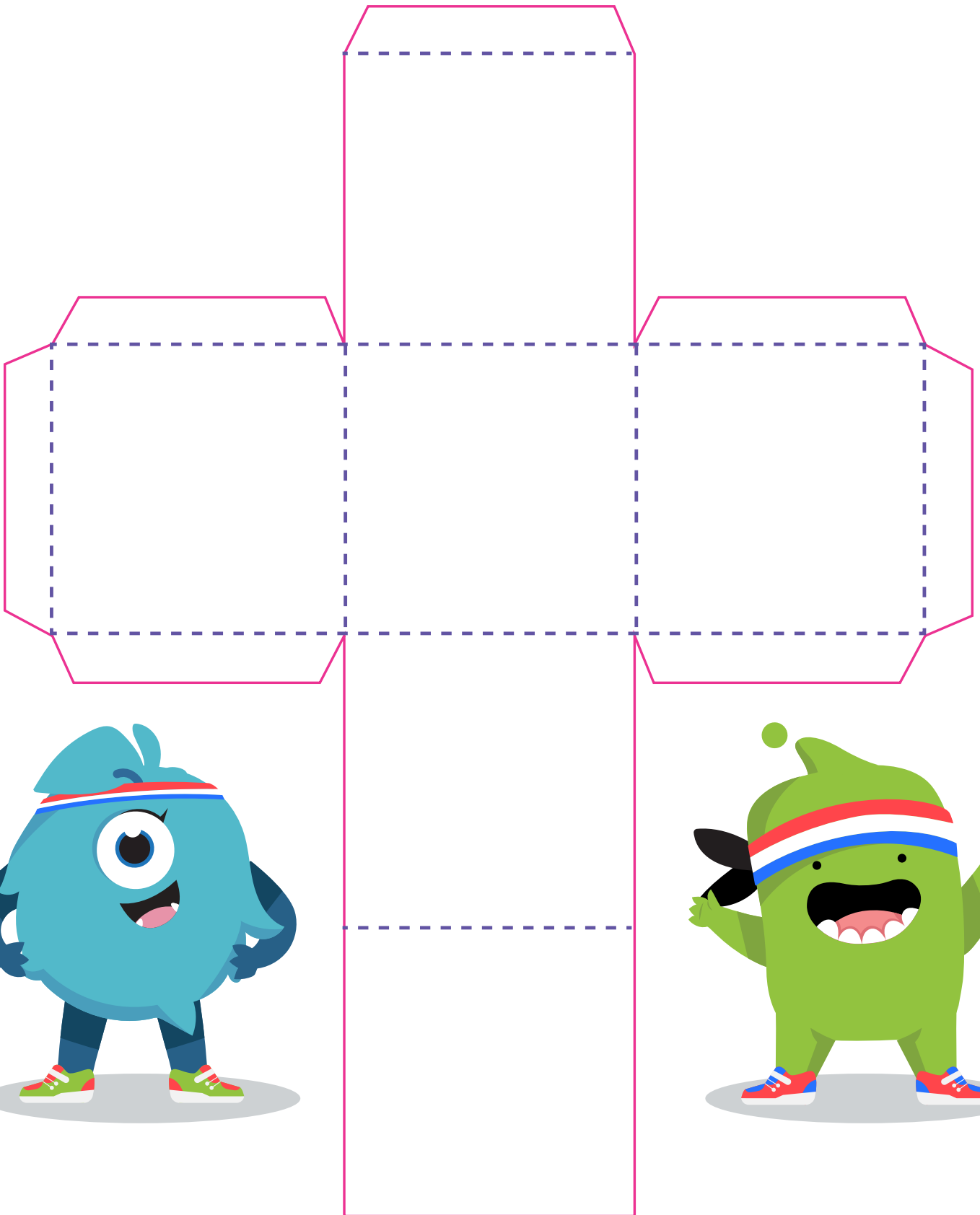


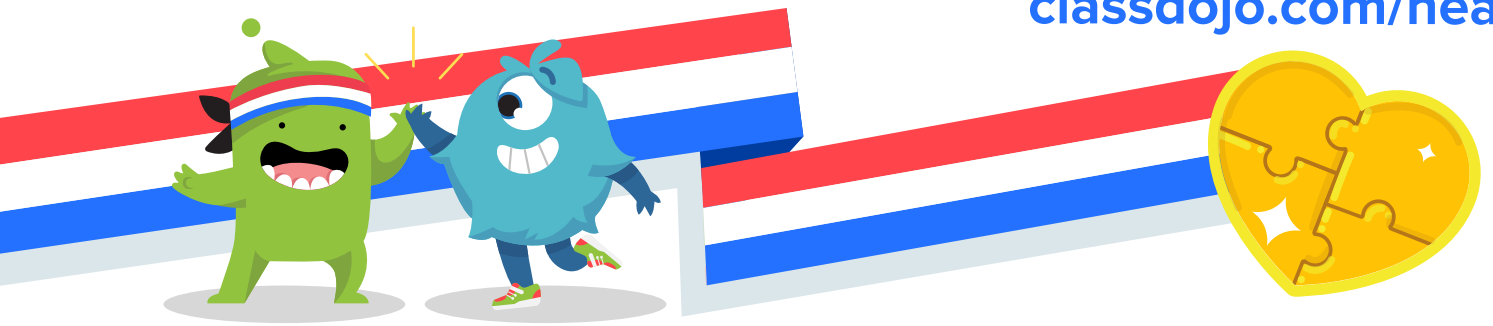
Differences

Differences

Similarities

Vocabulary Cube





Word	Drawing
Definition	Example

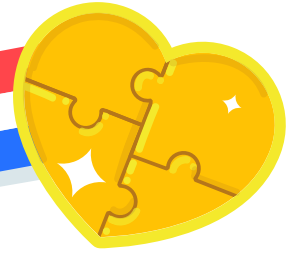
Word	Drawing
Definition	Example

Name _____

Date _____



Handwriting practice lines consisting of solid top and bottom lines with a dashed middle line. There are five sets of these lines.



Date _____

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Courage

Even Olympians get butterflies before a big race!

6-time Olympic medalist, Allyson Felix, shares how she uses courage on, and off the track.



**Think of a time you used courage,
how did you feel before and after?**

**How are Olympic athletes
courageous?**

**What is one thing that might scare you, or make you
nervous as you work towards a big goal?**



Fun fact

Allyson Felix is the most decorated track and field Olympian in history. In 2018, she also became a mom!

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Goal setting

What do YOU and two-time Olympian, Christian Taylor, have in common?

You both set goals and use the power of YET to achieve big things!

Learn how Christian sets goals so he can triple jump his way to the podium!



Why is it important to set goals?

What are some goals you have set for yourself in school?

What is a big long-term goal that you have and how will you achieve it?



Fun fact

Christian keeps himself motivated by writing the distances he wants to jump on the inside of his shoes!

Follow me: [@taylored2jump](https://twitter.com/taylored2jump)

Perseverance



Smash, crash, and persevere with two-time Paralympian, Chuck Aoki!

Learn how exciting wheelchair rugby can be and how Chuck persevered to get to the Paralympic Games.

Why is perseverance an important skill to have?

How does it feel to fail, and how might you use failure to learn and grow?

How have you persevered lately?

Fun fact

Chuck enjoys crossword puzzles, reading, Game of Thrones, history novels and Minnesota sports.

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Teamwork



If you've ever seen a row team, you already know that teamwork is key!
Olympic gold medalist, Emily Regan shares all about teamwork and why it's
important for Olympians and you!

What is teamwork and why is it important?

Why is communication important for team success?

When you're struggling, how can your team be an important resource?

Fun fact

Emily has a Golden Doodle named Nana!
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Feedback

Everyone make mistakes, they help us grow. That's why feedback is important to help you improve! Lex Gillette shares his unique experience with feedback as a blind track and field Paralympian!



What is feedback?

Why is feedback an important part of reaching our goals?

Who is someone you trust to give you feedback? Why?



Fun fact

Lex loves to sing and has performed the national anthem at major sporting events including San Diego Padres baseball games.

Follow me: @lexgillette

Diversity

Olympic and Paralympic games are incredibly diverse with athletes joining from all around the world! Sophia Herzog shares how being unique and on a diverse team helped her win a silver medal in the Paralympic games.



What is diversity?

How does diversity help make a team or community stronger?

Imagine a world without diversity, what might it be like?

Fun fact

Sophia grew up with two horses (Ruby, Reeses), two cats (Harry and Peanut), and one dog (Goldy)!

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Focus

If there is one sport where focus is key, it might be Olympic diving.
Four-time Olympic medalist, David Boudia, shares how focus is important to him
whether he's 33ft up in the air or taking on his goals in his daily life.



What is focus and why is it important?

What is the difference between “in-the-moment” and “big-picture” focus?

What is something you’re working on that requires “in-the-moment” focus?

Fun fact

David and his wife Sonnie have two daughters and one son.

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Community

Whether it's a teammate, a classmate or a neighbor, we find support in our communities. Join two-time Olympic medalist, April Ross, as she shares about her own communities beyond the beach volleyball court.



**Social communities
I belong to:**

**Geographic communities
I belong to:**

In what ways might you help out in your communities?

Fun fact

April and beach volleyball partner, Kerri Walsh Jennings, are two of only four US beach volleyball Olympians who have won more than one Olympic medal.

Follow me: [@aprilrossbeach](#)

